



Designing health based literature for low literacy groups

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4 Things you need to know about your Weight and Diabetes



1 Many people are at risk of type 2 diabetes without even knowing it!

Diabetes is when your body does not produce enough **Insulin** to deal with the **Glucose (Sugar)** produced by the food you eat.

The food you eat

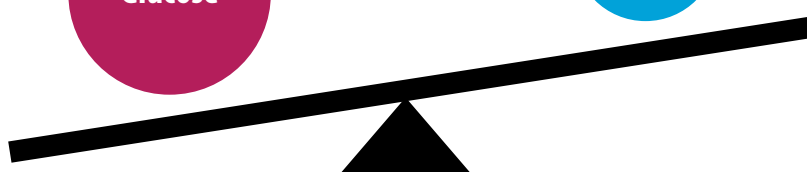


Your body



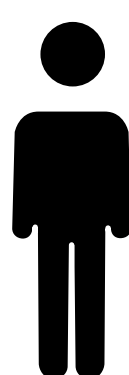
Glucose

Insulin

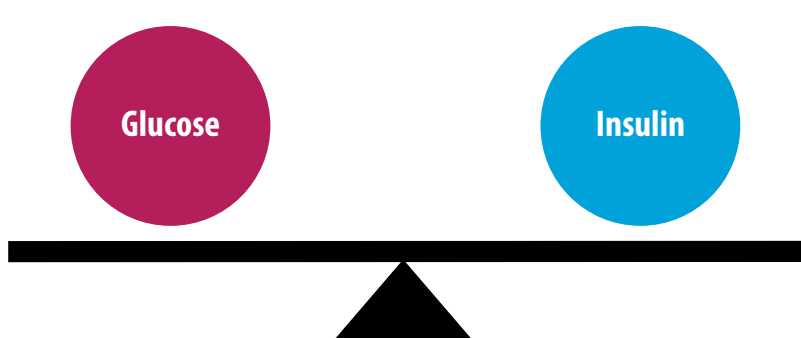


To help control your **Glucose (Sugar)** depending on your type of diabetes, you can:

- Get **Insulin** injections
- Help yourself by leading a healthy lifestyle
- Take medication



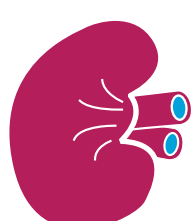
You need to have an equal balance **Glucose (Sugar)** and **Insulin** to control your diabetes.



2 Extra sugar in the blood can cause problems like:



Heart Disease



Kidney Failure

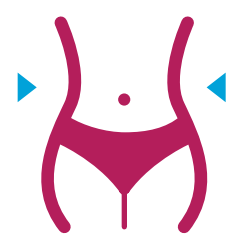


Blindness



Amputation

3 What to look out for:



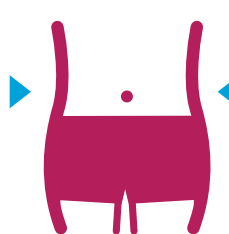
Women

Is your waistline more than?

31.5 INCHES



Do you go to the toilet a lot?



Men

Is your waistline more than?

37 INCHES



Do you feel thirsty a lot?



Do members of your family have diabetes?



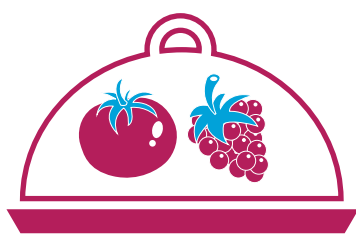
Do you feel tired a lot?

4 Say no to diabetes by doing 4 things:



Have your blood sugar checked.

By your GP or at the chemist.



Eat more fruit and veg.

And reduce the size of your portions.



Use less salt.

No more than one teaspoon per day.



Exercise more.

You need to exercise for 2.5 hours per week over 2 days or more that week.

Take action today with mysocialprescription.com and get your own plan to feel better.

www.mysocialprescription.com

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